

# FALL 2025

## Program & Activity Guide

**Age Well, Live Fully!**

**SEPT - DEC**



We are pleased to offer the following **NEW** programs at CLSA:

- Paint Pour (pg 5)
- Stained Glass Workshops (pg 5)
- Self Defense for Older Adults (pg 15)
- Health & Wellness Sessions (pg 24)
- Music Appreciation Baroque (pg 30)
- Beginner Pickleball (pg 38)
- Spanish Conversation Practice (pg 41)



## Programs

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## Central Lions Recreation Centre

11113 – 113 Street NW  
Edmonton, Alberta T5G 2V1

**Phone:** 780–496–7369

**Fax:** 780–442–0946

**Website:** [www.CentralLions.org](http://www.CentralLions.org)

**Facebook:** [@CentralLionsSeniors](https://www.facebook.com/CentralLionsSeniors)

**Instagram:** [@CentralLionsSeniors](https://www.instagram.com/CentralLionsSeniors)

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**About Us:** CLSA is an independent non-profit society formed in 1979 and achieved charitable status in 1986. Our programs are made available through registration fees, donations and fundraising. We rely on dedicated volunteers who support our efforts every step of the way.

Our **Mission** is to encourage, promote and provide opportunities through recreation, education and socializing, to enhance the well-being of persons aged 55 and older. ***Come for the programs, stay for the people!***

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## Executive Director

Karen Melnychuk

780–442–0937

[Karen@CentralLions.org](mailto:Karen@CentralLions.org)

## Hours of Operation (Mon–Fri)

Closed on statutory holidays

**Main Entrance/Registration Desk (South)**

**Phone:** 780–496–7369

8:30 a.m. – 4:00 p.m.

**Fitness Centre (North)**

**Phone:** 780–442–0949

7:30 a.m. – 3:00 p.m.

## How to Register for Fall Programs and Activities

**Registration Desk is open from 8:30 AM to 4:00 PM, Mon – Fri**

Registration for **Preferred Members** opens on **August 11 at 8:30 a.m.** For everyone else, registration opens on **August 18 at 8:30 a.m.** See page 48 for more information on Preferred Membership.

### Online Registration

**You must purchase a membership before** you can access your online account and register for programs online. You can access the online registration system on our website [www.Centrallions.org](http://www.Centrallions.org) by clicking on 'My Account' in the upper right corner.

Instructions to log-in for the first time can be found on our website. Look for 'Membership' in the menu bar, then click on 'Registration' to read the log-in instructions.

**If you are new to CLSA, or you don't have a current 55+ membership or online account, please call 780-496-7369 or email [info@centrallions.org](mailto:info@centrallions.org).** A member of our team will assist you with setting up your client profile.

If you have any trouble logging into the system, please let us know! Sometimes it's a simple typo on our end, or the name on the account is your birth name and not the name you use every day. It's an easy fix.

### Telephone 780-496-7369

If reception is busy, leave a message stating your name and phone number. All messages will be answered within 24 hours. **Registrations must be completed before the program start date.**

### In Person

Come to our office and a CLSA member will be happy to serve you.

**Please note that Membership fees are not refundable nor transferable. This allows us to plan for future activities and maintain the quality of our programming for all Members.**

# Computers & Devices

## One-on-One Tutorials

### Computer Tutorials: One-on-One

**Instructor: Shawn Gramiak**

**Member \$50 | Non-Member \$90 (*Fee is per session*)**

Are you having trouble with your computer, device, and/or its software?

A one-on-one tutorial may help you get the most out of your system. These 45 minute, customized training opportunities are designed to address concerns you might have with your Windows, Apple or Android device (phone, iPad, Android tablet or laptop). Once you have registered, the instructor will contact you to arrange a convenient tutorial time and review the topics you want to address.

***Multiple concerns may require more than one instructional session.***

**FCD-001** | \*Tutorial time will be determined by instructor and participant\*

## Crafts

### Cards & Paper Crafts

### Cards & Paper Crafts **Mon 9:30 AM - 12:30 PM**

**Instructor: Pam McLean**

**Member \$25 | Non-Member \$65 | Supply Kit \$10 (*payable upon registration*)**

Card making has come a long way from simple paper folds and markers. In each workshop, you will complete three projects using a variety of stamps, ink, paper, techniques, accessories and more. No experience is required. All materials provided with cards pre-cut and ready for you to assemble, stamp and create.

**FC-001** | Sept 22 | One-Day Workshop

**FC-002** | Oct 20 | One-Day Workshop

### Cards & Paper Crafts: Christmas Cards **Mon 9:30 AM - 4:00 PM**

**Instructor: Pam McLean**

**Member \$38 | Non-Member \$78 | Supply Kit \$35 (*payable upon registration*)**

It's Christmas in November! There is nothing like receiving personal, homemade gifts. In this workshop you'll laugh and have fun as you make 7-10 unique festive and winter-themed cards, complete with envelopes. Prepped kits allow you extra time to do the creative work! You will be amazed at the quality of cards.

No experience required.

**FC-003** | Nov 17 | One-Day Workshop



## Paint Pour

### Thanksgiving Themed Acrylic Paint Pour **Thurs 10:00 AM - 11:30 AM**

**Instructor: Marj Miller**

**Member \$65 | Non-Member \$105**

Come experience the joy and art of acrylic paint pouring to make your own coaster or trivet. **All supplies will be provided**, including a variety of pre-mixed pouring paint colours, a blank coaster or trivet base, a heat resistant topcoat and varnish, plus your choice of cork or rubber feet to apply on the bottom to complete your masterpiece. Re-discover your inner artist and creative talent!

**FC-010** | Sept 25 | One-Day Workshop



## Stained Glass

### The Art of Stained Glass **Mon 9:00 AM - 1:00 PM**

**Instructor: Sharon Tomljenovich**

**Member \$350 | Non-Member \$390**

Join Sharon as she teaches you how to create your own stained glass piece from start to finish. This workshop covers everything from selecting and picking your glass, cutting and grinding techniques, foiling, soldering, and finishing with a zinc border. You will gain the knowledge and hands on experience in the art of stained glass! All supplies included.

**FC-004** | Sept 15 - Sept 29 | 3 Weeks

### Stained Glass Workshop - Spiderweb Suncatcher **Fri 9:00 AM - 1:00 PM**

**Instructor: Sharon Tomljenovich**

**Member \$95 | Non-Member \$135**

Join Sharon for this fun workshop where she will take you step-by-step to create your own decorative spiderweb suncatcher. All supplies included (pre-cut glass pieces). No prior experience required.

**FC-005** | Oct 10 | One-Day Workshop

### Stained Glass Workshop - Pumpkin Suncatcher **Mon 9:00 AM - 1:00 PM**

**Instructor: Sharon Tomljenovich**

**Member \$95 | Non-Member \$135**

Join Sharon for this fun workshop where she will take you step-by-step to create your own stunning pumpkin suncatcher. All supplies included (pre-cut glass pieces). No prior experience required.

**FC-006** | Oct 27 | One-Day Workshop

### Stained Glass Workshop - Mosaic **Fri 9:00 AM - 1:00 PM**

**Instructor: Sharon Tomljenovich**

**Member \$105 | Non-Member \$145**

Join Sharon for this fun workshop where she will take you step-by-step to create your own mosaic porcelain tile. All supplies included (pre-cut glass pieces). No prior experience required.

**FC-007** | Nov 7 & 14 | Two-Day Workshop

## **Stained Glass Workshop - Christmas Tree Suncatcher** Mon 9:00 AM - 1:00 PM

**Instructor: Sharon Tomljenovich**

**Member \$95 | Non-Member \$135**

Join Sharon for this fun workshop where she will take you step-by-step to create your own beautiful set of 3 Christmas tree suncatchers. All supplies included (pre-cut glass pieces). No prior experience required.

**FC-008** | Dec 1 | One-Day Workshop

## **Stained Glass Workshop - Snowflake Suncatcher** Fri 9:00 AM - 1:00 PM

**Instructor: Sharon Tomljenovich**

**Member \$95 | Non-Member \$135**

Join Sharon for this fun workshop where she will take you step-by-step to create your own phenomenal snowflake suncatcher. All supplies included (pre-cut glass pieces). No prior experience required.

**FC-009** | Dec 12 | One-Day Workshop

## **Dance**

### **Ballroom**

#### **Beginner Ballroom** Thurs 9:00 AM - 10:00 AM (no class Dec 11)

**Instructor: Elise Millard**

**Member \$55 | Non-Member \$95**

Learn how to Ballroom dance in this beginner's class by practicing steps and learning choreography that will help you glide across the dance floor with usable patterns, spins, and turns. Ballroom dance is proven to help improve balance and coordination and increase self-confidence and social skills. Join in on the fun!

**FD-001** | Sept 11 - Oct 23 | 7 Weeks

**FD-002** | Oct 30 - Dec 18 | 7 Weeks

#### **Ballroom (M)** Thurs 10:10 AM - 11:10 AM (no class Dec 11)

**Instructor: Elise Millard**

**Member \$55 | Non-Member \$95**

In this program you will learn classic Ballroom and Latin dances to help you glide, spin, and turn across the dance floor. Besides being a lot of fun, ballroom and Latin dance are a great workout, improve balance and coordination, and increase self confidence and social skills. Lessons are for experienced dancers seeking to learn and renew techniques and complex step patterns. Space is limited, please register with a partner. ***Fee is per person.***

**FD-003** | Sept 11 - Oct 23 | 7 Weeks

**FD-004** | Oct 30 - Dec 18 | 7 Weeks

**Cardio Rhythm (M-V)** - A cardio-based program that engages the body with various exercises and equipment for a total body workout. Learn more on **page 10**.

## Hula

### Hawaiian Hula Dance

**Instructor: Tracy Thorne**

This program is divided into three progressive levels. Beginners register for Coconut level only. More advanced students should enroll in Hibiscus or Plumeria levels which include the preceding levels. **Register in one level only.**

**Coconut Level (Beginner) Thurs 1:00 PM - 1:45 PM (no class Dec 11)**

**Member \$32 | Non-Member \$72**

This is the beginner level and warm-up for the more advanced levels.

**FD-005 | Sept 11 - Oct 23 | 7 Weeks**

**FD-006 | Oct 30 - Dec 18 | 7 Weeks**

**Hibiscus Level (Choreography) Thurs 1:00 PM - 2:30 PM (no class Dec 11)**

**Member \$53 | Non-Member \$93**

Choreographed class. Includes the preceding Coconut Level. It is recommended that students have some dance experience.

**FD-007 | Sept 11 - Oct 23 | 7 Weeks**

**FD-008 | Oct 30 - Dec 18 | 7 Weeks**

**Plumeria Level (Performance) Thurs 1:00 PM - 3:15 PM (no class Dec 11)**

**Member \$65 | Non-Member \$105**

Performance class. Includes the preceding Coconut and Hibiscus Levels and uninstructed rehearsal time for the performance troupe "The Hula Honeys".

Dancers that wish to practice but not perform are welcome to attend.

**FD-009 | Sept 11 - Oct 23 | 7 Weeks**

**FD-010 | Oct 30 - Dec 18 | 7 Weeks**

## Other Dance

**Line Dancing Tues 9:30 AM - 10:30 AM (no class Nov 11)**

**Instructor: Tracy Walters**

**Member \$40 | Non-Member \$80**

Line dancing is a form of low impact exercise danced in lines. You will learn dance patterns which are done to many different genres of music (country, pop, rock and roll; just to name a few). No partner or experience required. If you have a love of dancing, come try it out. Shoes with a leather or slippery sole recommended.

**FD-011 | Sept 9 - Oct 21 | 7 Weeks**

**FD-012 | Oct 28 - Dec 16 | 7 Weeks**

### Don't delay—sign up today!

Help our staff determine which programs have sufficient participants by registering early. If minimum participant registration is not met, the program will be cancelled **five business days prior** to the start date.

## **Line Dancing Intermediate** **Fri 2:45 PM - 3:45 PM**

**Instructor: Tracy Walters**

**Member \$40 | Non-Member \$80**

This is a line dance class for those who have taken the beginner line dance class and want more of a challenge. We will include some dances from the beginner class and some dances for those who want to improve their line dance skills. Shoes with a leather or no grip sole are recommended.

**FD-013** | Sept 12 - Oct 24 | 7 Weeks

## **Line Dancing Intermediate** **Fri 2:45 PM - 3:45 PM**

**Instructor: Tracy Walters**

**Member \$45 | Non-Member \$85**

**FD-014** | Oct 31 - Dec 19 | 8 Weeks

## **Tap Dance**

### **Tap Dance (Beginner)** **Wed 11:40 AM - 12:40 PM**

**Instructor: Jeff Gatti**

**Member \$70 | Non-Member \$110**

It's never too late to tap dance; anyone can learn! No experience required. Steps, moves and basic routines including posture and balance will be reviewed.

**FD-015** | Sept 10 - Oct 22 | 7 Weeks

### **Tap Dance (Beginner)** **Wed 11:40 AM - 12:40 PM**

**Instructor: Jeff Gatti**

**Member \$80 | Non-Member \$120**

**FD-016** | Oct 29 - Dec 17 | 8 Weeks

### **Tap Dance (Intermediate)** **Wed 9:30 AM - 10:30 AM**

**Instructor: Jeff Gatti**

**Member \$70 | Non-Member \$110**

Enjoy tap exercises throughout this course. Build your aerobic fitness, muscle strength, flexibility, and coordination. Tap is also great for your memory.

**Prerequisite:** Completion of Tap Dance: Beginner Technique and/or some previous tap experience is recommended. Tap shoes are suggested.

**FD-017** | Sept 10 - Oct 22 | 7 Weeks

### **Tap Dance (Intermediate)** **Wed 9:30 AM - 10:30 AM**

**Instructor: Jeff Gatti**

**Member \$80 | Non-Member \$120**

**FD-018** | Oct 29 - Dec 17 | 8 Weeks

Need more information? Call 780-496-7369, visit our website at **www.CentralLions.org**, or check us out on Facebook or Instagram at **@CentralLionsSeniors**



## **Tap Dance: Performance (Advanced) Wed 10:35 AM - 11:35 AM**

**Instructor: Jeff Gatti**

**Member \$70 | Non-Member \$110**

Want to work on tap techniques and expand your repertoire to include more complex footwork? Choreographed festival performance opportunities are available during the last week either at CLSA or at an outside location pending the desires of the group.

**FD-019 | Sept 10 - Oct 22 | 7 Weeks**

## **Tap Dance: Performance (Advanced) Wed 10:35 AM - 11:35 AM**

**Instructor: Jeff Gatti**

**Member \$80 | Non-Member \$120**

**FD-020 | Oct 29 - Dec 17 | 8 Weeks**

## **Fitness Programs & Workout Room**

Our Workout Room has what you need to get your heart going and strengthen your entire body. You'll find a whole range of cardio machines, free weights and seven special LifeFitness machines that are safe and fun to use. Visit us to get started.

New to the Workout Room? Getting started is easy!

**Orientation time varies and are required. Book yours today at 780-442-0949.**

### **Workout Room Hours**

Monday – Friday

7:30 a.m. – 3:00 p.m.

Closed on statutory holidays

\*Must be a CLSA Member to work out

### **Workout Room Fees**

Drop-in \$5

10-visit pass \$35

Seasonal Pass \$150

**\* *Passes purchased in-person only***

Please Note: Workout intensity level is indicated in the title of the activity by the following letters: **(G)entle, (M)oderate, (V)igorous**

## **Better Balance & Strength (G-M) Tues 1:40 PM - 2:40 PM (no class Nov 11)**

**Instructor: Cathy Taskey**

**Member \$56 | Non-Member \$96**

This modified Better Balance & Strength program is for those who are seeking an easier, less intense program. Exercises are adapted for both standing and seated workouts. No floor exercises. Participants with health concerns and/or use of walkers or canes are welcome to join.

**FF-001 | Sept 9 - Oct 21 | 7 Weeks**

**FF-002 | Oct 28 - Dec 16 | 7 Weeks**

**Better Balance & Strength (G-M) Thurs 1:40 PM - 2:40 PM (no class Dec 11)**  
**Instructor: Cathy Taskey** **Member \$56 | Non-Member \$96**  
**FF-003 | Sept 11 - Oct 23 | 7 Weeks** **FF-004 | Oct 30 - Dec 18 | 7 Weeks**

**Cardio Fit & Yogasize (M) Fri 1:15 PM - 2:45 PM**  
**Instructor: Marlene Marvin** **Member \$74 | Non-Member \$114**  
A combination of moderate cardio activity to improve heart and lung capacity, followed by yogasize postures standing, sitting and on the floor. This will help strengthen and improve core and lower back muscles. Class ends with various breathing and relaxation techniques. A chair may be placed beside the yoga mat to assist going down to the floor and back up safely.  
**FF-005 | Sept 12 - Oct 24 | 7 Weeks**

**Cardio Fit & Yogasize (M) Fri 1:15 PM - 2:45 PM**  
**Instructor: Marlene Marvin** **Member \$84 | Non-Member \$124**  
**FF-006 | Oct 31 - Dec 19 | 8 Weeks**

**Cardio Rhythm (M-V) Thurs 11:20 AM - 12:20 PM (no class Dec 11)**  
**Instructor: Elise Millard** **Member \$55 | Non-Member \$95**  
Get your whole body moving while learning the most fun and popular social dances. You get a total body workout by engaging the body with various exercises and equipment. Join the fun and move to the beat! This class will incorporate some equipment. Bring your yoga mat for stretching exercises at the end of the program.  
**FF-007 | Sept 11 - Oct 23 | 7 Weeks** **FF-008 | Oct 30 - Dec 18 | 7 Weeks**

**Co-ed Gentle Move & Groove (G) Tues 2:00 PM - 3:00 PM (no class Nov 11)**  
**Instructor: Marilee Barry** **Member \$42 | Non-Member \$82**  
This program is for individuals who have been sedentary for a while or have chronic conditions that benefit from gentle exercise. Exercises are performed in both standing and seated positions. A typical class includes a light cardio warmup and strengthening exercises. Balance and posture are often emphasized. We finish with light overall stretches. Work at your own pace as you improve or maintain your fitness level.  
**FF-009 | Sept 9 - Oct 21 | 7 Weeks** **FF-010 | Oct 28 - Dec 16 | 7 Weeks**

**Co-ed Gentle Move & Groove (G) Fri 12:00 PM - 1:00 PM**  
**Instructor: Marlene Marvin** **Member \$49 | Non-Member \$89**  
**FF-011 | Sept 12 - Oct 24 | 7 Weeks**

**Co-ed Gentle Move & Groove (G) Fri 12:00 PM - 1:00 PM**

**Instructor: Marlene Marvin**

**Member \$56 | Non-Member \$96**

**FF-012 | Oct 31 - Dec 19 | 8 Weeks**

**Co-ed Keep Fit (M) Mon 10:30 AM - 11:30 AM (no class Oct 13)**

**Instructor: Cathy Taskey**

**Member \$35 | Non-Member \$75**

Walk, stretch and exercise your way to improved balance, strength, endurance and flexibility. This class builds from 25-35 minutes of aerobic movement followed by balance, chair and/or resistance exercise. Everyone is encouraged to workout at their own pace.

**FF-013 | Sept 8 - Oct 20 | 6 Weeks**

**Co-ed Keep Fit (M) Mon 10:30 AM - 11:30 AM**

**Instructor: Cathy Taskey**

**Member \$48 | Non-Member \$88**

**FF-014 | Oct 27 - Dec 15 | 8 Weeks**

**Co-ed Keep Fit (M) Wed 11:30 AM - 12:30 PM**

**Instructor: Timmie Horvath**

**Member \$36 | Non-Member \$76**

**FF-015 | Sept 10 - Oct 22 | 7 Weeks**

**Co-ed Keep Fit (M) Wed 11:30 AM - 12:30 PM**

**Instructor: Timmie Horvath**

**Member \$42 | Non-Member \$82**

**FF-016 | Oct 29 - Dec 17 | 8 Weeks**

**Co-ed Keep Fit (V) Mon 9:20 AM - 10:20 AM (no class Oct 13)**

**Instructor: Cathy Taskey**

**Member \$35 | Non-Member \$75**

Looking for a high-energy workout? Improve your heart health and stamina as the class progresses from 30-40 minutes of aerobic movement and exercise. Work on mobility or joint flexibility, muscle strength, balance and agility through active movement.

**FF-017 | Sept 8 - Oct 20 | 6 Weeks**

**Co-ed Keep Fit (V) Mon 9:20 AM - 10:20 AM**

**Instructor: Cathy Taskey**

**Member \$48 | Non-Member \$88**

**FF-018 | Oct 27 - Dec 15 | 8 Weeks**

**Corrective Fitness (M) Tues 10:45 AM - 11:45 AM (no class Nov 11)****Instructor: Naissa Preston****Member \$58 | Non-Member \$98**

Corrective fitness helps us understand how to fix movement compensations and imbalances to improve the overall quality of movement during workouts and in everyday life. This class will help with aligning the body to reduce the risk of future injury.

**FF-019 | Sept 9 - Oct 21 | 7 Weeks****FF-020 | Oct 28 - Dec 16 | 7 Weeks****ESSETRICS® for Seniors (G) Tues 11:15 AM - 12:00 PM (no class Nov 11)****Instructor: Lori Griffith****Member \$76 | Non-Member \$116**

This gentle, slow-tempo program focuses on mobility, balance, and strength. It is designed for those who have muscle stiffness/atrophy, frozen shoulder, chronic aches and pains and are just beginning to exercise after being inactive. Program includes standing and chair work. Bring a yoga mat, water, and towel to class.

**FF-021 | Sept 9 - Oct 21 | 7 Weeks****FF-022 | Oct 28 - Dec 16 | 7 Weeks****ESSETRICS® Release, Rebalance, Restore (G-M) Wed 2:15 PM - 3:15 PM****Instructor: Meaghan Hipkin****Member \$86 | Non-Member \$126**

This gentle, full body, dynamic stretching program is designed to release tight muscles, rebalance joints and restore the body. It is an age-reversing workout that will restore movement in your joints and flexibility in your muscles, relieve pain, and increase your energy. Program includes standing & floor work exercises.

Bring your yoga mat, small towel and water to class.

**FF-023 | Sept 10 - Oct 22 | 7 Weeks****ESSETRICS® Release, Rebalance, Restore (G-M) Wed 2:15 PM - 3:15 PM****Instructor: Meaghan Hipkin****Member \$98 | Non-Member \$138****FF-024 | Oct 29 - Dec 17 | 8 Weeks****ESSETRICS® Release, Rebalance, Restore (G-M) Thurs 11:15 AM - 12:00 PM****Instructor: Meaghan Hipkin****\*New Time!\*****Member \$76 | Non-Member \$116****FF-025 | Sept 11 - Oct 23 | 7 Weeks****FF-026 | Oct 30 - Dec 18 | 7 Weeks**

Please remember to **Bring Your Yoga Mat** for courses with floor exercises!

**ESSETRICS® Stretch & Tone (M) Tues 10:00 AM - 11:00 AM (no class Nov 11)**  
**Instructor: Lori Griffith** **Member \$86 | Non-Member \$126**

This program is a full body, equipment-free workout that uses a dynamic combination of strengthening and stretching to develop lean, strong, and flexible muscles. Perfect for men and women of all fitness levels. ESSETRICS® can help prevent and treat injuries, unlock tight joints, improve posture and leave you feeling energized and healthy. Program includes standing and floor exercises. Bring a yoga mat, water, and towel to class.

**FF-027** | Sept 9 - Oct 21 | 7 Weeks

**FF-028** | Oct 28 - Dec 16 | 7 Weeks

**ESSETRICS® Stretch & Tone (M) Thurs 12:15 PM - 1:15 PM \*New Time!\***  
**(no class Dec 11)**

**Instructor: Meaghan Hipkin** **Member \$86 | Non-Member \$126**

**FF-029** | Sept 11 - Oct 23 | 7 Weeks

**FF-030** | Oct 30 - Dec 18 | 7 Weeks

**Golden Gloves Fitness (M-V) Fri 11:45 AM - 12:45 PM**

**Instructor: Louise Lepore** **Member \$49 | Non-Member \$89**

**Equipment rental fee \$10 (payable upon registration)**

Uppercut. Hook, Jab! What better way to weave cardio into your life than throwing a few punches! Golden Gloves Fitness is a no-contact fitness class designed to increase flexibility, balance, muscular strength and cardiovascular endurance while providing a full body workout in a fun, upbeat and supportive environment. No equipment is required; just comfy clothes and a good pair of sneakers. Your workout is what you make it. The class is suited to all abilities; exercises are adaptable.

**FF-031** | Sept 12 - Oct 24 | 7 Weeks

**Golden Gloves Fitness (M-V) Fri 11:45 AM - 12:45 PM**

**Instructor: Louise Lepore** **Member \$56 | Non-Member \$96**

**Equipment rental fee \$10 (payable upon registration)**

**FF-032** | Oct 31 - Dec 19 | 8 Weeks

**Hall Walkers**

One foot in front of the other, and before you know it, you will be walking your way to better health! Learn more about our Hall Walkers on **page 42**.

**Register Early!** If enrollment numbers are low, CLSA may have to cancel a class. Show your interest and register early. If there are not enough participants, we will cancel and place fees in your account for future use.



**Latin Fitness (M) Wed 9:00 AM - 10:00 AM****Instructor: Dagmar Sanchez****Member \$61 | Non-Member \$101**

This is a low impact cardio workout where you will learn new Salsa dance moves or improve the skills you already have. Burn calories and move your body to some Caribbean and Latin rhythms with a Cuban Salsa Dance Champion. This class focuses on rhythm, balance, range of motion and coordination.

**CANCELLED****Latin Fitness (M) Wed 9:00 AM - 10:00 AM****Instructor: Dagmar Sanchez****Member \$71 | Non-Member \$111****FF-034** | Oct 29 - Dec 17 | 8 Weeks**Mindful Movement (G) Fri 10:30 AM - 11:30 AM****Instructor: Louise Lepore****Member \$40 | Non-Member \$80**

A typical class includes a light cardio warmup and strengthening exercises.

Walk, stretch and exercise your way to improved balance, strength, endurance and flexibility. We finish with light overall stretches. Work at your own pace as you improve or maintain your fitness level.

Exercises can be performed seated or standing.

**FF-035** | Sept 12 - Oct 24 | 7 Weeks**Mindful Movement (G) Fri 10:30 AM - 11:30 AM****Instructor: Louise Lepore****Member \$45 | Non-Member \$85****FF-036** | Oct 31 - Dec 19 | 8 Weeks**Pickleball Programs – Beginner, Novice & Intermediate**

We are offering several levels of pickleball to suit all levels of play. See **page 38** for details.

**Retro Fitness (M) Wed 10:10 AM - 11:10 AM****Instructor: Dagmar Sanchez****Member \$61 | Non-Member \$101**

Retro Fitness is a dynamic workout for all ages, combining the classic moves you love with a modern twist. Designed with low-impact routines, Retro Fitness lets you groove to your favorite tunes at your own pace. This fun and engaging class focuses on balance, range of motion, cardiovascular & muscular conditioning, flexibility, and coordination. Whether you're a seasoned dancer or new to fitness, Retro Fitness offers a welcoming environment to stay active and have a blast. Slip on your indoor running shoes and get ready to dance your way to a healthier and fitter you!

**FF-037** | Sept 10 - Oct 22 | 7 Weeks

## **Retro Fitness (M) Wed 10:10 AM - 11:10 AM**

**Instructor: Dagmar Sanchez**

**Member \$71 | Non-Member \$111**

**FF-038 | Oct 29 - Dec 17 | 8 Weeks**

## **Self Defense for Older Adults Mon 1:00 PM - 2:00 PM (no class Oct 13)**



**Instructor: Justin Sander**

**Member \$98 | Non-Member \$138**

Ludus Martial Arts presents Self Defense for Older Adults using Jiu Jitsu and Kickboxing techniques. Start your Self Defense Journey. Keep away and Get away.

**CANCELLED**

## **Strength Training (M-V) Thurs 12:30 PM - 1:30 PM (no class Dec 11)**

**Instructor: Cathy Taskey**

**Member \$56 | Non-Member \$96**

Strength training - or weight/resistance training - is a physical activity that can provide benefits to your muscles, bones, body weight and shape. Designed to help prevent the natural loss of lean muscle mass, this moderate to active non-cardio workout focuses on the whole body (including the back) using weights and other portable equipment. ***Floor exercises are part of this program.***

**FF-040 | Sept 11 - Oct 23 | 7 Weeks**

**FF-041 | Oct 30 - Dec 18 | 7 Weeks**

## **Strength Training: Progressive (V) Tues 12:30 PM - 1:30 PM (no class Nov 11)**

**Instructor: Cathy Taskey**

**Member \$112 | Non-Member \$152**

**FF-042 | Sept 9 - Dec 16 | 14 Weeks**

## **Tai Chi**

### **Tai Chi: Yang Style**

**Instructor: Leslie Sarabin**

The most popular and widely practiced Tai Chi style throughout the world, Yang Tai Chi is a progressive series of slow moving, gentle exercises that stretch, tone and relax the muscles. Other benefits include improved focus and concentration and increased energy.

### **Tai Chi: Yang Style - Level 1 (G) Mon 11:45 AM - 12:45 PM (no class Oct 13)**

**Member \$98 | Non-Member \$138**

**FF-043 | Sept 22 - Dec 8 | 11 Weeks**

### **Tai Chi: Yang Style - Level 2 (M) Mon 1:20 PM - 2:20 PM (no class Oct 13)**

**Member \$98 | Non-Member \$138**

Level two is the continuation of the movements learned in Level 1.

**FF-044 | Sept 22 - Dec 8 | 11 Weeks**

**Tai Chi: Yang Style - Level 3 (M) Mon 2:30 PM - 3:30 PM (no class Oct 13)**  
**Member \$98 | Non-Member \$138**

Level 3 will work towards completing the entire movement sequence. Participants require a good understanding of the movements plus completion of Levels 1 and 2.

**FF-045** | Sept 22 - Dec 8 | 11 Weeks

**Tai Chi Practice** - Practice time for individuals wishing to work on their Tai Chi form. See **page 42** for more details.

## Yoga

**Chair Yoga for Fitness (G) Tues 12:30 PM - 1:30 PM (no class Nov 11)**  
**Instructor: Timmie Horvath** **Member \$52 | Non-Member \$92**

Discover the transformative power of Yoga without floor poses in this tailored class for seniors seeking an alternative to traditional yoga. This class offers a welcoming, adaptive approach to building strength, enhancing bone density, and improving balance—all from a chair. Enjoy a series of seated poses and stretches that provide a comprehensive yoga experience while nurturing both body and mind. Perfect for those who prefer to stay off the floor, this gentle yet effective workout helps maintain flexibility, increase muscle strength, and find tranquility.

**FF-046** | Sept 9 - Oct 21 | 7 Weeks

**FF-047** | Oct 28 - Dec 16 | 7 Weeks

**Yoga: Gentle Hatha (G) Mon 11:15 AM - 12:15 PM (no class Oct 13)**  
**Instructor: Sylvia Galbraith** **Member \$42 | Non-Member \$82**

Emphasizing flexibility, balance, breathing and body awareness, gentle yoga exercises (asanas) are done sitting in a chair and/or standing, and the equipment is supplied. Everyone is encouraged to work at their own pace and comfort level.

**FF-048** | Sept 8 - Oct 20 | 6 Weeks

**Yoga: Gentle Hatha (G) Mon 11:15 AM - 12:15 PM**  
**Instructor: Sylvia Galbraith** **Member \$56 | Non-Member \$96**

**FF-049** | Oct 27 - Dec 15 | 8 Weeks

**Yoga: Hatha (M) Mon 9:30 AM - 11:00 AM (no class Oct 13)**  
**Instructor: Sylvia Galbraith** **Member \$63 | Non-Member \$103**

Improve your physical and mental well-being with a combination of yoga poses, breathing and meditation exercises. This program aims to increase strength and flexibility, relieve stress, calm the mind, and achieve complete relaxation. Remember to bring your own yoga mat, water and towel.

**FF-050** | Sept 8 - Oct 20 | 6 Weeks

**Yoga: Hatha (M) Mon 9:30 AM - 11:00 AM**

**Instructor: Sylvia Galbraith**

**Member \$84 | Non-Member \$124**

**FF-051 | Oct 27 - Dec 15 | 8 Weeks**

**Yoga: Hatha (M) Thurs 9:30 AM - 11:00 AM (No class Dec 11)**

**Instructor: Sylvia Galbraith**

**Member \$74 | Non-Member \$114**

**FF-052 | Sept 11 - Oct 23 | 7 Weeks**

**FF-053 | Oct 30 - Dec 18 | 7 Weeks**

**Yoga: Iyengar Stretch & Relax**

**Instructor: Barb Deneka**

Work towards flexibility, strength, and balance at your own pace under the guidance of an experienced Iyengar yoga teacher. The class will involve a great variety of standing and seated poses as well as some breath work. Modifications will be made to suit your body and props are used to make the poses available to all students.

Improve your physical and mental well-being with this fun class.

***Please bring a yoga mat and a firm blanket.***

**Yoga: Iyengar Stretch & Relax – Beginner (G) Fri 10:45 AM - 11:45 AM**

**Member \$55 | Non-Member \$95**

**FF-054 | Sept 12 - Oct 24 | 7 Weeks**

**Yoga: Iyengar Stretch & Relax – Beginner (G) Fri 10:45 AM - 11:45 AM**

**Member \$63 | Non-Member \$103**

**FF-055 | Oct 31 - Dec 19 | 8 Weeks**

**Yoga: Iyengar Stretch & Relax – Intermediate (M) Fri 9:00 AM - 10:30 AM**

**Member \$82 | Non-Member \$122**

**FF-056 | Sept 12 - Oct 24 | 7 Weeks**

**Yoga: Iyengar Stretch & Relax – Intermediate (M) Fri 9:00 AM - 10:30 AM**

**Member \$94 | Non-Member \$134**

**FF-057 | Oct 31 - Dec 19 | 8 Weeks**

**Volunteer With Us!** Volunteers are the heart of our organization. From smiling at our Ambassador's Desk to helping organize special events, to serving on our Board and various committees, we couldn't do it without them! If you'd like to help out, let us know at the front desk or call 780-496-7369. Volunteers with at least 25 hours of support are our guests at the Volunteer Appreciation Event. Your help is greatly appreciated!

# General Interest & Languages

## Financial Management

### **Avoiding Common Investment Mistakes in Retirement** **Tues 1:30 PM - 3:00 PM** **Member & Non-Member Rate \$3**

**Presenter: Wei Woo (CIM, EPC) Investment Advisor & Retirement Income Specialist**

Learn how to protect cashflow when the markets stall or go negative. Investing is emotional because it involves more than just your financial wellbeing. A bad investment decision can wipe out your retirement nest egg or your children's education fund. Investing is complex and more difficult than a lot of things we do on a regular basis. Join Wei Woo as he discusses the common mistakes behind the average investor during their retirement years and how to avoid them.

**FGI-003** | Nov 18 | One-Day Presentation

### **New Retirement Realities** **Tues 1:30 PM - 3:00 PM** **Member & Non-Member Rate \$3**

**Presenter: Wei Woo (CIM, EPC) Investment Advisor & Retirement Income Specialist**

This presentation provides a look at the new landscape of retirement for 2025, and how the changing experience will financially impact retirees and retired investors, as well as their families. Discussion includes the evolving family structure, and redefining what it means to be financially stable during the retirement years. We will take a closer look at the most recent Fidelity Retirement study report for Canadians living in retirement, to gain insight into what it means for you.

**FGI-001** | Sept 16 | One-Day Presentation

### **Retirement Income Blueprint** **Tues 1:30 PM - 3:00 PM** **Member & Non-Member Rate \$3**

**Presenter: Wei Woo (CIM, EPC) Investment Advisor & Retirement Income Specialist**

Feeling the burden of less money and high taxes? The Retirement Income Blueprint Program is designed to show retirees how to address special issues and draw out retirement income in the most tax efficient manner. Topics covered include the key differences between the accumulation and the "income" market, tax-efficient disassembly of RRSPs, future financial concerns such as health care costs, and more. Take home practical tools and strategies all reflecting a proven process.

**FGI-002** | Oct 21 | One-Day Presentation



## General Interests

### **Book Club** Tues 1:00 PM - 2:30 PM

**Member \$8 | Non-Member \$48**

Re-discover the joy of reading! This group meets monthly to discuss the books we have read in a relaxed, supportive and respectful environment. Readings will include both fiction and non-fiction titles. Books are available for sign out. Space is limited for this popular program so be sure to register early.

**FGI-008** | Sept 9, Oct 14, Nov 4, Dec 9 | 4 Sessions

**Casino Outing: River Cree Resort & Casino** - See page 32 for full details.

### **Clutter Is Not A Crime... It's An Inside Job** Fri 9:30 AM - 11:00 AM

**Instructor: Lynn Fraser**

**Member \$16 | Non-Member \$56**

Do you feel embarrassed by too much stuff in your home, office, storage sheds, and/or garage? Do you feel judged? You will learn about the Top 10 Checklist, where to start, practical tools, and simple holistic strategies to enjoy more ease during the process. Benefits include improved energy and focus, more time for the people and things you love, and peace of mind. Wish you could get started and keep motivated to continue?

**FGI-009** | Oct 3 | One-Day Presentation

### **Fall Bouquets with Grass & Colored Leaves** Thurs 1:00 PM - 3:00 PM

**Instructor: Prairie Gardens & Adventure Farm**

**Member \$20 | Non-Member \$60 | Supply Kit \$25 (payable upon registration)**

Do you like getting your hands into Flowers, Leaves and Tall grass? Join Prairie Gardens & Adventure Farm in creating your own Fall Floral Bouquet with Grasses & Coloured Leaves for your home or as a gift! In this hands-on Bouquet Workshop you will take home a Floral Bouquet that includes a variety of Autumn colours with Leaves & Grass and showy Floral Plants. The supply kit includes the container, and 3-4 plants per planter (1 per person please). You will also have hands on instruction and tips for success though the season.

**\*Please note:** Registration and payment must be complete **prior to Sept 29, 2025.**  
*No late arrivals will be accepted, given the products must be brought for each participant.*

**FGI-017** | Oct 2 | One-Day Presentation

**Email List** - We encourage our members to join our email list to hear about updates and other information that may be of interest. You can sign up on our homepage [www.centrallions.org](http://www.centrallions.org)

## **Seniors for Climate Action Now** Tues 1:00 PM - 3:00 PM

**Instructor: SCAN! Edmonton**

**Member & Non-Member Rate \$3**

Come Join a member of Scan (Seniors for Climate Action Now) Edmonton, to discuss related concerns to climate change and energy, and answer questions people might have about climate change. Our goal is to build a nation-wide community of seniors to create a better future for our children and grandchildren.

**FGI-025** | Oct 28 | One-Day Presentation

## **The Upside of Downsizing** Fri 9:30 AM - 11:00 AM

**Instructor: Lynn Fraser**

**Member \$16 | Non-Member \$56**

You know it's challenging to downsize your life's possessions. Lynn offers strategies to prepare for your future move with greater ease and grace. Learn practical decluttering tips and reduce worry for you and your family by means of Lynn's move stories and learnings. You will learn, the Four-step reflective process & begin it. Get clearer on what you want for your future home, proactive, practical strategies.

**FGI-010** | Oct 17 | One-Day Presentation

## **Wheat & Floral Bouquet** Mon 1:00 PM - 3:00 PM

**Instructor: Prairie Gardens & Adventure Farm**

**Member \$20 | Non-Member \$60 | Supply Kit \$25 (payable upon registration)**

Join Prairie Gardens & Adventure Farm in creating your own Wheat Bouquet with flowers for your home or as a gift! In this hands-on Bouquet Workshop you will take home a floral bouquet that includes a variety of dried wheat and showy flowers. The supply kit includes the container (1 per person). You will also have hands on instruction. No experience necessary!

**\*Please note:** Registration and payment must be complete **prior to Sept 8, 2025.**

*No late arrivals will be accepted, given the products must be brought for each participant.*

**CANCELLED**

## **Whimsical Whoville Mini Christmas Tree** Thurs 1:00 PM - 3:00 PM

**Instructor: Prairie Gardens & Adventure Farm**

**Member \$20 | Non-Member \$60 | Supply Kit \$35 (payable upon registration)**

Join Prairie Gardens & Adventure Farm in creating your own Whimsical Whoville Mini living Christmas tree for your home or as a gift! In this hands-on workshop, you will take home a wonderfully whimsical fun & living Whoville tree! The supply kit includes the container, decorations and 1 tree (1 per person). You will also have hands on instruction and tips for success though the season.

**\*Please note:** Registration and payment must be complete **prior to Nov 27, 2025.**

*No late arrivals will be accepted, given the products must be brought for each participant.*

**FGI-018** | Dec 4 | One-Day Workshop

## Languages

### **Spanish - Hello, Welcome! *Hola, Bienvenido!***

Learn how to tell your ceviche from your cervesa! Whether you are traveling to Spain or want to explore a new language, learn how to speak Spanish naturally and confidently in CLSA's Spanish program. Beginners are welcome. Intermediate and Advanced levels include practice of verb tenses, grammar, reading, listening and speaking. Teaching is adjusted per course to meet the needs of the participants.

#### **Spanish – Beginner (Level 1) Fri 10:00 AM - 12:00 PM**

**Instructor: Jorge Oyarzun**

**Member \$98 | Non-Member \$138**

This introductory course is designed for students with limited or no previous knowledge of Spanish. Please bring a copy of "Spanish Vocabulary" by Dorothy Richmond, which is best obtained through Amazon or Indigo.

**FGI-011** | Sept 12 - Oct 24 | 7 Weeks

#### **Spanish – Beginner (Level 1) Fri 10:00 AM - 12:00 PM**

**Instructor: Jorge Oyarzun**

**Member \$112 | Non-Member \$152**

**FGI-012** | Oct 31 - Dec 19 | 8 Weeks

#### **Spanish – Intermediate Fri 10:00 AM - 12:00 PM**

**Instructor: Tania Oyarzun**

**Member \$98 | Non-Member \$138**

Completion of Spanish: Beginner Level 1 and/or some experience and comfort with the Spanish language is required. Please bring a copy of "Spanish Verb Tenses" by Dorothy Richmond; best obtained through Amazon or Indigo.

**FGI-013** | Sept 12 - Oct 24 | 7 Weeks

#### **Spanish – Intermediate Fri 10:00 AM - 12:00 PM**

**Instructor: Tania Oyarzun**

**Member \$112 | Non-Member \$152**

**FGI-014** | Oct 31 - Dec 19 | 8 Weeks

#### **Spanish – Advanced Fri 12:30 PM - 2:30 PM**

**Instructor: Tania Oyarzun**

**Member \$98 | Non-Member \$138**

Completion of Spanish Intermediate and/or fluency in Spanish. All class material will be provided by instructor.

**FGI-015** | Sept 12 - Oct 24 | 7 Weeks

#### **Spanish – Advanced Fri 12:30 PM - 2:30 PM**

**Instructor: Tania Oyarzun**

**Member \$112 | Non-Member \$152**

**FGI-016** | Oct 31 - Dec 19 | 8 Weeks

## **Our Future: Big Ideas for Discussion**

### **Our Future: Big Ideas for Discussion - Mon 1:00 PM - 3:00 PM**

Discussions will address pressing controversies of the day, including those raised by participants, as well as issues of general relevance to the quality of life in our community.

**Sept 8 2025 - Is Critical Thinking Overrated?** Does careful, logical consideration of options and views lead for the most part to better decisions and opinions? Most people say it does, but is that really the case? Maybe you should go with your "gut".

**Oct 6 2025 - Should Old Established Neighbourhoods be Exempt From Densification?** Edmonton's population is growing, and the city has to have more housing. Expansion into the surrounding farmland is too costly. Change must come to what already exists. What should be preserved and what not?

**Nov 10 2025 - Does Society Owe All its Seniors the Means for A Reasonably Happy Life?** Should we expect seniors to have provided for their future when they were young? Is society obligated just by seniors' having contributed to the commonwealth when they were younger? Is just being an elder something that obligates society to provide for the elder's needs?

### **Dec 8 2025 - MAID, Medical Assistance In Dying**

**Warning:** This topic may be disturbing to some. Please evaluate if you would like to attend or not. We will present a legal overview on procedure of making this most important decision and then discuss the pros and cons. This is a very personal issue and everyone's views will be respected.

## **Philosopher's Cafe**

**Presenter: David J. Goa Thurs 1:30 PM - 3:00 PM Member \$8 | Non-Member \$8**

CLSA's Philosophers' Café provides opportunities to share, discuss & try to understand big issue topics. Some topics are sensitive in nature. Presentations and discussions are led by David Goa, founding Director and International Fellow of the Chester Ronning Centre for the Study of Religion & Public Life.

### **Café #1 – Our Common Home: Two Popes on Climate Change**

Perhaps the most radical call to address climate change has come from Patriarch Bartholomew I of Constantinople and Pope Francis I. Both avoid apocalypticism and Utopian thinking. Both have diagnosed the heart of the matter and gesture to a way forward.

**FGI-004 | Sept 25 | One-Day Presentation**

## Café #2 – Nationalism and Patriotism

Nationalism is on the rise in liberal democratic societies. Why? Populist leaders claim to be patriots. Is nationalism patriotism? Is patriotism nationalism?

**FGI-005** | Oct 23 | One-Day Presentation

## Café #3 – The Anxious Generation

Jonathan Haidt, a social psychologist, reflects on the sources resulting in the rise of anxiety and other forms of mental disease in the last few decades in his book from which the title of this café is taken. What has Haidt flagged in the social and cultural landscape leading to this change?

**FGI-006** | Nov 27 | One-Day Presentation

## Café #4 – 21 Lessons for the 21<sup>st</sup> Century

We are now 25 years into the 21<sup>st</sup> century. Yuval Noah Harari's book that we consider in this café opens a rich set of considerations shaping our technological and political challenges, "post-truth" context, and possible sources of resilience.

**FGI-007** | Dec 18 | One-Day Presentation

## Travel



## Charms of the Mekong **Thurs 10:00 AM - 11:30 AM**

**Instructor: Carole & Elizabeth Szwajkowski**

**Member & Non-Member Rate \$3**

Join Carole & Liz as they walk you through their amazing adventure. Our journey began in the busy Ho Chi Minh City (still known as Saigon to most locals). We then completed a 7 day Mekong River cruise. We visited rural villages, historic pagodas, craftsman's workshops and a Buddhist monastery along the way. Spent 2 nights in Siem Reap, Cambodia, touring Angkor Wat, the UNESCO World Heritage Site. Visited Hanoi, Vietnam's bustling capital, followed by visiting the breathtaking Ha Long Bay for a 2 day, one night excursion. We finished our trip in Bangkok Thailand, an amazing introduction to Thailand.

**FGI-020** | Sept 11 | One Day Presentation

## **Secrets of Egypt and the Nile** Thurs 10:00 AM - 11:30 AM

**Instructor: Carole & Elizabeth Szwajkowski**

**Member & Non-Member Rate \$3**

Join Carole and Liz as they take you through their epic travels through the ancient and majestic lands of Jordan, Egypt and Dubai. We started our trip in Jordan, explored the capital city of Amman and the UNESCO designated city of Petra-known as the “Rose City”. Spent 3 amazing days in Cairo exploring the Pyramids, Egyptian Museum and the ancient Memphis sites. A short flight to Luxor brought us to the gateway of Egypt's treasures. We completed a 7 day Nile cruise, visiting Luxor, Edfu and Aswan-visiting ancient tombs, temples, a Nubian Village and Abu Simbel. We ended our trip with a visit to Dubai, a modern city with many historical sites.

**FGI-021** | Nov 13 | One Day Presentation

## **Health & Wellness**

### **Cannabis: Cannabinoid Therapy** Tues 1:00 PM - 3:00 PM

**Presenter: Kala Sanmartin, RN (BSc. N), CCHCNC Heather Wilkinson, Rec T (BSc.**

**Kin, BARST) CSEP-CP**

**Member \$3 | Non-Member \$3**

Join Vital Holistic Care for an educational session on dosing cannabinoids and navigating the self-titration process. One of the most challenging and empowering aspects of cannabinoid therapy is that there's no one-size-fits-all dose. This session will guide you through the art and science of finding your unique therapeutic range. We'll explore daytime dosing with non-intoxicating cannabinoids, how to identify and manage potential side effects, and safely incorporating THC for nighttime use to support pain relief and sleep. Gain the knowledge and confidence needed to use cannabinoids safely, effectively, and in a way that works for you.

**FHW-004** | Dec 9 | One-Day Presentation

### **Cannabis: Neuropathy Pain & Migraines** Tues 1:00 PM - 3:00 PM

**Presenter: Kala Sanmartin, RN (BSc. N), CCHCNC Heather Wilkinson, Rec T (BSc.**

**Kin, BARST) CSEP-CP**

**Member \$3 | Non-Member \$3**

Join Vital Holistic Care for an educational session exploring the role of the endocannabinoid system in managing migraines and neuropathic pain. This session will dive into the science behind cannabis-based medicine, how cannabinoids interact with the body, and the growing evidence supporting its use in chronic pain and migraine management. Whether you're new to cannabis therapeutics or seeking advanced knowledge, this workshop offers insight into safe, effective strategies that may improve quality of life and restore balance through a holistic lens.

**FHW-001** | Oct 7 | One-Day Presentation



## **Cannabis : Recreational VS Medical** **Tues 1:00 PM - 3:00 PM**

**Presenter:** Kala Sanmartin, RN (BSc. N), CCHCNC Heather Wilkinson, Rec T (BSc. Kin, BARST) CSEP-CP **Member & Non-Member Rate \$3**

Join Vital Holistic Care for an educational session on how to legally access cannabis in Canada. This session will clarify the key differences between recreational and medical cannabis, outlining the unique benefits and protections of each. We'll take a deep dive into the step-by-step process of accessing medical cannabis through regulated medical channels, covering physician authorization, product selection, licensed producers, and direct-to-door delivery. Whether you're exploring cannabis for the first time or looking to transition from recreational use to medical guidance, this workshop provides the tools and knowledge to make informed, empowered choices.

**FHW-003** | Nov 4 | One-Day Presentation

## **Ember Healthcare** **Wed 1:00 PM - 2:00 PM**

**Presenter:** Tammy Whittaker RN, BScN, MBA CEO @ Ember Healthcare Ltd **Member & Non-Member Rate \$3**

Tammy with Ember Healthcare presents homecare support and how Ember Healthcare helps support seniors (older adults) and families in our community, by providing services such as personal care, respite care, overnight care, social support & companionship, including pet care. They're also well versed in crisis management.

**FHW-005** | Oct 22 | One-Day Presentation

## **Grief Recovery Support** **Fri 10:00 AM - 12:00 PM**

**Presenter:** Kate Steidl **Member \$60 | Non-Member \$100 | Workbook \$25**

Grief is the normal and natural emotional response to change or loss, death, divorce, moving, financial changes, health changes, relationship changes, and so on. Grief is also the result of unmet hopes, dreams and expectations and the loss of intangible concepts such as safety, trust, security, respect, faith and hope. People say you must let go and move on in your life, but they don't tell you how to accomplish that. The Grief Recovery Method makes that possible and provides partnerships and guidance to ensure that it happens.

For more information, go to [www.youtube.com/@Griefrecoverymethod](https://www.youtube.com/@Griefrecoverymethod)

**FHW-002** | Sept 26 - Nov 14 | 8 Weeks

## **Heart Health** **Tues 1:00 PM - 2:00 PM**

**Presenter:** Anusha Iyer, R.Ph **Member & Non-Member Rate \$3**

Join a representative from Coles Pharmacy who'll chat with us about Heart Health. The importance of nutrition, weight and health.

**FHW-006** | Sept 9 | One-Day Presentation

## **Men & Womens Health** **Tues 1:00 PM - 2:00 PM**

**Presenter: Anusha Iyer, R.Ph**

**Member & Non-Member Rate \$3**

Join a representative from Coles Pharmacy as they discuss our health concerns.

**FHW-008** | Nov 18 | One-Day Presentation

## **Prescriptions & Interactions** **Tues 1:00 PM - 2:00 PM**

**Presenter: Anusha Iyer, R.Ph**

**Member & Non-Member Rate \$3**

Join a representative from Coles Pharmacy to learn about how drugs interact with other medications and herbal supplements. Ask questions, get answers.

**FHW-007** | Oct 7 | One-Day Presentation

### **Alberta Health Services Presents:**

#### **STEP Forward (Supervised Transitional Exercise Program)**

STEP Forward is a beginner to intermediate level physical conditioning program offered by Alberta Health Services at CLSA. It is suitable for people with a chronic health condition which limits their ability to move, or for those who are looking to improve their physical function due to injury or physical rehabilitation. For information: Visit <https://www.centrallions.org/step-forward-program> to see the program info page, or call 780-735-3483.

## **Clinics**

### **Chair Massage Clinic**

**Members Only: \$40 per visit**

Take the stress out of your day with a seated, clothes-on, gentle relaxation half-hour chair massage for the head, neck and shoulders. **Must be a CLSA Member to book**; fees payable to Julie Leblanc.

### **Reflexology Clinic**

**Members Only: \$60 per visit**

Reflexology is a non-invasive (touch) method of applying compression to specific points of the body to help reduce pain and stress and assist in relaxation. Pressure is thought to have a beneficial effect on overall health. This is a one hour session. **Must be a CLSA Member** to book; fees payable to Julie Leblanc.

### **To book either a chair massage and/or a reflexology appointment:**

**Who:** Julie Leblanc, Massage Therapist - registered with the NHPC

**When:** **Sept 10, Oct 8, 22, Nov 26, Dec 10**

**Time:** 9:00 a.m. – 2:00 p.m.

**How:** Call Julie @ (780) 920-3149 to book.

## Therapeutic Foot Care Clinic

**Members Only: \$32 per visit**

Edmonton Foot Care provides foot care relief if you are diabetic, have impaired circulation, are at high risk for common foot disorders or need preventive foot care measures. Services include: clipping and shaping of nails, removal or reduction of corns and calluses, assistance with ingrown nails and/or fungal nails plus referrals as needed. Staff are qualified nurses who possess advanced foot care knowledge.

**Must be a CLSA Member;** fees payable to Edmonton Foot Care Inc.

**Note:** Services may be tax-deductible.

**When: Sept 16, Oct 21, Nov 18, Dec 16**

**How:** Call 780-488-5878 anytime between 8 a.m.- 4 p.m., Mon-Fri.

## Music

### Drumming

**Djembe: From Hearts to Hands Drumming** **Wed 1:30 PM - 2:30 PM**

**Instructor: Bill Mitchell**

**Member \$56 | Non-Member \$96**

The djembe originated in West Africa and is now the most popular hand drum in the world. Focusing on traditional African rhythms, students will be introduced to the basic techniques in creating sound quality. The use of simple sentences and syllables bridge the connection between voice and hands in creating musical patterns. In a team atmosphere many patterns played together will create a musical landscape in no time. Simple patterns can be upgraded and tailored for students with prior djembe experience. The djembe is an extraordinary drum so come out, have fun and feel your heart beat through the drum! For those who prefer written notation there will be hand outs available.

**FM-001** | Sept 10 - Oct 22 | 7 Weeks

**Djembe: From Hearts to Hands Drumming** **Wed 1:30 PM - 2:30 PM**

**Instructor: Bill Mitchell**

**Member \$64 | Non-Member \$104**

**FM-002** | Oct 29 - Dec 17 | 8 Weeks

**CLSA Photo Policy:** From time to time, our staff and volunteers will be taking photographs and videos. We may use these to promote the Centre in our newsletters, on our website, Facebook page, and other material intended for the public. Your image is your personal information and is subject to Section 33(c) of the Freedom of Information and Protection of Privacy (FOIP) Act. CLSA respects this and realizes that not everyone wishes to be included in photos or videos. If you do not want your photo to appear in our promotions, please **STEP ASIDE, TURN YOUR BACK** or make your position known to the photographer.

## Guitar

### **A Guitar Star is Born! (Basic Experience Required) Fri 10:00 AM - 11:00 AM**

**Instructor: Daron Panko**

**Member \$71 | Non-Member \$111**

Looking to refresh your guitar basics? Participants will have fun with one-string melodies and one-finger chords to advanced playing on all strings. You will learn basic chord structures and play tunes or accompany them. Strum, pluck, sing and improvise your way to guitar stardom. Not suitable for absolute beginners.

**Guitars not provided; bring your own instrument.**

**FM-003 | Sept 12 - Oct 24 | 7 Weeks**

### **A Guitar Star is Born! (Basic Experience Required) Fri 10:00 AM - 11:00 AM**

**Instructor: Daron Panko**

**Member \$81 | Non-Member \$121**

**FM-004 | Oct 31 - Dec 19 | 8 Weeks**

### **Guitar Heroes (Int/Adv) Fri 11:15 AM - 12:15 PM**

**Instructor: Daron Panko**

**Member \$71 | Non-Member \$111**

Been playing for a while? Don't need anyone to teach you your G-chord from your A-minor? Then this course is for you! Enjoy playing the songs you want with various strumming styles and finger-picking patterns. Explore mastering the guitar fretboard in different keys, playing more melodies and progressions, maybe even taking a solo. You must have completed at 'A Guitar Star is Born' level and/or have previous guitar experience playing with a group. Not suitable for absolute beginners.

**Guitars not provided; bring your own instrument.**

**FM-005 | Sept 12 - Oct 24 | 7 Weeks**

### **Guitar Heroes (Int/Adv) Fri 11:15 AM - 12:15 PM**

**Instructor: Daron Panko**

**Member \$81 | Non-Member \$121**

**FM-006 | Oct 31 - Dec 19 | 8 Weeks**

**Guitar Jam** - Come jam your heart out at this unstructured practice session. See **page 42** for full details.

## One-on-One Lessons

### One-on-One Lessons: Guitar & Ukulele **Fri**

**Instructor: Daron Panko**

**Member \$228 | Non-Member \$268**

Music is good for the soul. These one-on-one lessons are suitable for all levels, including absolute beginners and individuals who want to improve and advance their skills. For those interested in joining ukulele or guitar group lessons but have never played before, this is the place to start. Please list your instrument and level of play when registering ***Instruments not provided.***

**Sept 12 - Oct 24 | 7 Weeks**

**FM-007 | 12:30 PM - 1:00 PM**

**FM-009 | 1:05 PM - 1:35 PM**

### One-on-One Lessons: Guitar & Ukulele **Fri**

**Instructor: Daron Panko**

**Member \$260 | Non-Member \$300**

**Oct 31 - Dec 19 | 8 Weeks**

**FM-008 | 12:30 PM - 1:00 PM**

**FM-010 | 1:05 PM - 1:35 PM**

### One-on-One Lessons: Piano **Thurs**

**Instructor: Ihor Nedoshytko**

**Member \$87 | Non-Member \$127**

It's never too late to try something new. Learning the piano is an enjoyable and rewarding experience. If you love to listen to music, you can learn to play the piano, no matter your age. New students will learn how to read music and play simple, well-known tunes within a few weeks. Advanced students may continue their education in classical piano, or learn to play chord style to pop, country, hymns, old standards or your favourite tunes. "Accelerated Piano Adventures for the Older Beginner: Lesson Book 1", Music book by Nancy Faber and Randall Faber, can be purchased from Amazon or Long & McQuade.

**Oct 9 - Oct 23 | 3 Weeks**

**FM-1P1:00 | 1:00 PM - 1:30 PM**

**FM-1P2:20 | 2:20 PM - 2:50 PM**

**FM-1P1:40 | 1:40 PM - 2:10 PM**

**FM-1P3:00 | 3:00 PM - 3:30 PM**

### One-on-One Lessons: Piano **Thurs**

**Instructor: Ihor Nedoshytko**

**Member \$154 | Non-Member \$194**

**Oct 30 - Dec 4 | 6 Weeks**

**FM-2P1:00 | 1:00 PM - 1:30 PM**

**FM-2P2:20 | 2:20 PM - 2:50 PM**

**FM-2P1:40 | 1:40 PM - 2:10 PM**

**FM-2P3:00 | 3:00 PM - 3:30 PM**

## Other Music

### **Central Lions Singers** Wed 1:00 PM - 3:00 PM

**Instructor:** Dianne Eustace

**Member \$92 | Non-Member \$132**

Do you enjoy singing? Are you looking for a mentally stimulating challenge as well as getting to know others through social interactions and musical performances? Consider joining the Central Lions Singers, a non auditioned choir, and improve your breath control, your singing voice, your music reading ability and your feeling of well-being that comes with making music together. The conductor, Dianne Eustace, will review selections from last year's repertoire and add something fresh to perform at a few venues during the Christmas season.

**FM-020** | Sept 24 - Dec 17 | 13 Weeks

### **Music Appreciation: Baroque** Wed 10:00 AM - 11:30 AM

**Instructor:** Judith Richardson

**Member \$43 | Non-Member \$83**

Come and join us for the Baroque Music course with a look at that time period from 1500 to 1650. We will be listening to choral and instrumental samples with lively discussions and anecdotes.

**FM-019** | Oct 1 - Oct 22 | 4 Weeks

### **Sing Along Social** Fri 1:00 PM - 2:30 PM

**Instructor:** Louise Lepore

**Member \$27 | Non-Member \$67 | Drop-in-Rate \$5**

Let your Lion's voice roar during this fun Friday afternoon pub-style sing-a-long! It doesn't matter if you sing like an angel or squawk like a duck; this will be fun. The instructor will lead the group through musical styles, from folk to funk. Non-members are welcome, so bring a friend, your grandchildren, your favorite uncle or anyone that wants to have fun and roar.

**FM-011** | Sept 12 - Oct 24 | 7 Weeks

### **Sing Along Social** Fri 1:00 PM - 2:30 PM

**Instructor:** Louise Lepore

**Member \$30 | Non-Member \$70 | Drop-in-Rate \$5**

**FM-012** | Oct 31 - Dec 19 | 8 Weeks

### **Waitlist Policy**

If the activity in which you wish to register is full, you can be waitlisted. If there is a cancellation and a free spot available, we will contact members in the order received on the waitlist. Don't delay – Register today!



## Ukulele

The Ukulele is a small instrument with BIG possibilities. It's easy to learn; the key to playing is having fun! With these lessons, you will be strumming songs from day one and be surprised how quickly you will progress. This program is divided into two levels. Beginner 1 & 2 players (new to the instrument) register in Fun and Easy only. More advanced students may enroll in The Next Step. Handouts are included, however, **you must bring your own instrument.**

**Ukulele: Fun & Easy (Beg 1 & 2) Tues 12:15 PM - 1:00 PM (no class Nov 11)**  
**Instructor: Daron Panko** **Member \$54 | Non-Member \$94**

Discover how to play chords, melodies, techniques and read notes with ease. Everyone is welcome; no experience is required.

**FM-013** | Sept 9 - Oct 21 | 7 Weeks

**FM-014** | Oct 28 - Dec 16 | 7 Weeks

**Ukulele: The Next Step (Beg 2, Int & Adv) Tues 1:10 PM - 2:10 PM**  
**(no class Nov 11)**

**Instructor: Daron Panko** **Member \$71 | Non-Member \$111**

This level is a great opportunity for beginner players with some experience to practice techniques and for intermediate/advanced players to review and warm-up. Sign up early as space is limited. Some playing experience is required.

**FM-015** | Sept 9 - Oct 21 | 7 Weeks

**FM-016** | Oct 28 - Dec 16 | 7 Weeks

**Ukulele with a Touch of Steel Guitar Thurs 9:30 AM - 12:00 PM**

**Instructor: Ihor Nedoshytko** **Member \$34 | Non-Member \$74**

Creating beautiful music on the ukulele or steel guitar is both relaxing and fun! Discover the joy playing in this friendly musical group. Different music genres are played weekly. Opportunities are available to perform with the Hawaiian Treasures. Offsite performances are optional. This program is not suitable for beginner ukulele students; some experience is required. Beginner students are encouraged to take lessons first. Steel guitar players require experience.

**FM-017** | Oct 9 - Oct 23 | 3 Weeks

**Ukulele with a Touch of Steel Guitar Thurs 9:30 AM - 12:00 PM**

**Instructor: Ihor Nedoshytko** **Member \$67 | Non-Member \$107**

**FM-018** | Oct 30 - Dec 4 | 6 Weeks

## Offsite Adventures

### River Cree Resort & Casino **Thurs 9:30 AM - 3:00 PM**

**Member \$10 | Non-Member \$10**

Monthly outings to the River Cree Resort & Casino. Register early for these social outings as space is limited. Fee includes round trip transportation (**walkers welcome, no wheelchairs please**), \$5 play money and a complimentary lunch at Tap 25 restaurant. The bus departs Central Lions at 10 a.m. and departs the casino at 2:30 p.m. for a 3 p.m. return to Central Lions.

**FO-001** | Sept 18

**FO-002** | Oct 16

**FO-003** | Nov 20



## Painting & Drawing

### Acrylics

#### Five Landscapes from Canada Using Acrylics **Wed 1:00 PM - 4:00 PM**

**Instructor: Frank Haddock**

**Member \$90 | Non-Member \$130**

Beginners and those with experience will find this a fun informative class as you learn how to mix colours and how to apply them to canvas with a brush to create beautiful paintings of 5 different scenes in Canada. Each week your instructor will provide step-by-step instructions on how to start and develop your painting of the BC coastline, to the thunderous waterfalls in the Rocky Mountains and much more. Don't miss this chance to learn cool ideas about colour mixing and brush strokes. You'll even have 5 new paintings to be proud of!

***Supplies extra, list available upon registration.***

**FPD-002** | Sept 24 - Oct 22 | 5 Weeks

#### How to Paint Light & Shadows with Acrylics **Fri 1:00 PM - 4:00 PM**

**Instructor: Muhammed Salayi**

**Member \$85 | Non-Member \$125**

I welcome every artist who wants to deepen their understanding of light, shadow, and how to capture them on canvas using the versatility of acrylic paints. In these sessions, you'll learn how to observe and search for colours and forms in any subject. The class is open to all skill levels, and valuable guidance will be provided to everyone throughout the painting process. ***Supply list available upon registration.***

**FPD-013** | Oct 3 - Oct 31 | 5 Weeks

## How to Paint Like Tom Thomson **Wed 1:00 PM - 4:00 PM**

**Instructor: Frank Haddock**

**Member \$73 | Non-Member \$113**

At last! A course that will help you learn how to paint like a master using acrylic paint. This course is filled with information on how to compose, mix colours, and use a brush to paint landscapes just like Tom Thomson. Don't miss this chance to get into the mind of an artist. ***Supply list available upon registration.***

**FPD-004** | Nov 5 - Nov 26 | 4 Weeks

## How to Paint Monochromatic Portraits Using Acrylic **Wed 1:00 PM - 4:00 PM**

**Instructor: Frank Haddock**

**Member \$40 | Non-Member \$80**

Join this class and learn how to make a painterly portrait in acrylics. You'll be shown how to get a drawing on the canvas. You'll also be shown how to mix a single colour and where to start your painting. Your instructor will demonstrate each step and provide individual guidance to contribute to your success. Don't miss this chance to learn how to paint portraits! ***Supply list available upon registration.***

**FPD-005** | Dec 3 - Dec 10 | 2 Weeks

## Northern Lights **Fri 1:00 PM - 3:00 PM**

**Instructor: Linda Finstad**

**Member \$60 | Non-Member \$100**

In this class you will create a blended background and paint multi-toned Northern Lights! You will master the use of a fan brush while experimenting with heavy texture. You'll get an introduction to xan with palette knife painting. Join Linda Finstad as she gently guides you step-by-step through this process. She brings her joy and amusement to keep the classes entertaining and productive - perfect for beginners as well. ***All supplies are included!*** Please bring an apron or oversized shirt for overtop of your clothing. No experience necessary.

**FPD-009** | Nov 14 | One Day Workshop

## Painting Poppies with Linda **Fri 1:00 PM - 3:00 PM**

**Instructor: Linda Finstad**

**Member \$60 | Non-Member \$100**

In this class you will discover the secret to blending colours to create stunning poppies with Linda Finstad as she guides you step-by-step through the process. She brings her joy and amusement to keep the classes entertaining and productive, perfect for beginners as well. ***All supplies are included!*** Please bring an apron or oversized shirt for overtop of your clothing. No experience necessary.

**FPD-008** | Oct 17 | One Day Workshop

## Drawing

### **Drawing 101** Mon 1:00 PM - 4:00 PM

**Instructor: Muhammed Salayi**

**Member \$85 | Non-Member \$125**

Learning the fundamentals of drawing is a great place to start for any artist, no matter the level. Have fun learning basic drawing techniques in this introductory course. No experience is required. Different subjects each week will be used to show you how to capture proportion, light, shadows, texture and more. The emphasis of this program is on the drawing itself, not the medium used.

***Minimal supplies extra, list available upon registration.***

**FPD-012** | Nov 17 - Dec 15 | 5 Weeks

### **Fundamentals of Drawing Birds & Flowers** Mon 1:00 PM - 4:00 PM

**Instructor: Muhammed Salayi**

**Member \$69 | Non-Member \$109**

I invite artists of all levels to join this class, where you'll learn to draw a beautiful variety of birds and flowers. Throughout the session, you'll gain valuable insights into shapes, forms, and techniques for rendering them realistically. Whether you're just starting out or looking to refine your skills, this class offers both knowledge and hands-on practice to help you elevate your drawing abilities

***Supply list available upon registration.***

**FPD-011** | Sept 29 - Oct 27 | 4 Weeks

## Other Mediums

### **Coffee Painting with Linda** Fri 1:00 PM - 3:00 PM

**Instructor: Linda Finstad**

**Member \$45 | Non-Member \$85**

This workshop is the perfect way to get started as an artist. Learn with Linda Finstad as she demonstrates and guides you, on how to paint with Instant Coffee. She'll guide you through some easy beginner art projects. No previous experience necessary and suitable to those of all abilities. ***All Supplies Included.***

**FPD-007** | Sept 12 | One Day Workshop

### **Fabric Painting on Tote and Pouch** Fri 1:00 PM - 3:00 PM

**Instructor: Linda Finstad**

**Member \$60 | Non-Member \$100**

In this class you'll learn to paint on fabric, creating a full size canvas tote and pouch to keep for yourself or give as a gift! Use stencils for inspirational quotes to brighten your day and create simple flowers using bold brushstrokes. Join Linda Finstad as she guides you step-by-step through this process. She brings her joy and amusement to keep the classes entertaining and productive - perfect for beginners as well. All supplies are included! Please bring an apron or oversized shirt for overtop of your clothing. No experience necessary.

**FPD-010** | Dec 12 | One Day Workshop

## **Gouache: Snowy Scenes** **Fri 1:00 PM - 4:00 PM**

**Instructor: Muhammed Salayi**

**Member \$85 | Non-Member \$125**

Calling all art enthusiasts! Discover the art of painting snowy scenes in gouache in this unique class. Led by a professional artist, you'll master techniques to capture the delicate beauty of snowy landscapes. Whether you're a beginner or seasoned artist, explore the versatility of gouache in this exciting course.

***Supply list available upon registration.***

**FPD-014** | Nov 14 - Dec 12 | 5 Weeks

## **Watercolours**

### **How To Paint Textures With Watercolours!** **Mon 1:00 PM - 4:00 PM**

**Instructor: Frank Haddock**

**Member \$90 | Non-Member \$130**

This course is for beginners and those with some experience. Spend wonderful Monday afternoons as you explore several different techniques for creating textures such as wood, gravel, and stones. You'll paint four different pictures with each focusing on a different set of textures. Learn unique ways to use colour as well. Don't miss this chance to get a great start with a new world of potential subjects using textures created in watercolours. ***Supply list available upon registration.***

**FPD-003** | Nov 10 - Dec 8 | 5 Weeks

### **Watercolour & Pen: Loose and Lively Landscapes** **Thurs 1:00 PM - 4:00 PM**

**Instructor: Valdis Gislason**

**Member \$73 | Non-Member \$113**

Learn to paint loose and lively landscapes using a pencil, watercolours and a pigma pen. Some experience with watercolours is recommended.

***Supplies extra, list available upon registration.***

**FPD-006** | Nov 6 - Nov 27 | 4 Weeks

### **Your Guide to Landscapes Using Watercolours** **Mon 1:00 PM - 4:00 PM**

**Instructor: Frank Haddock**

**Member \$73 | Non-Member \$113**

Learn how to mix colours, use a brush in creative ways and how to create and compose interesting landscapes. Each week a new image will introduce you to a new technique that will be demonstrated by your instructor using a step-by-step approach so you understand how to paint. New landscapes from around the world will be examined and turned into interesting watercolour paintings. Don't miss this opportunity to learn and create. ***Supplies extra, list available upon registration.***

**FPD-001** | Sept 29 - Oct 27 | 4 Weeks

## Special Events



**Cuppa Corner:** Join us on the 2nd Wednesday of every month from 11 am to 1 pm and enjoy an informative presentation or fun activity and chat with peers over coffee and treats. Visit [centrallions.org](http://centrallions.org) for more information.

**Dates:** Sept 10, Oct 8, Nov 12

**CLSA Holiday Craft Market and Book Sale Nov 7 - 8:** Join us for our festive holiday craft and book sale. Puruse through local crafters or find your next holiday read! More information coming soon, check out [www.centrallions.org](http://www.centrallions.org) for more details!

**CLSA Volunteer Holiday Appreciation Event:** Enjoy an afternoon of seasonal treats and festive fun! Join our Board of Directors and fellow members as we honour the contributions and hard work of our volunteers at this event. More information coming soon, check out [www.centrallions.org](http://www.centrallions.org) for more details!

### Events Hosted by Our Special Events Committee

**New Comer Social:** Will take place once a term on Thursday (**Nov 20**) from 1pm to 2:30pm and is an open coffee social for new and current members to socialize. Visit [centrallions.org](http://centrallions.org) for more information. Register at the front desk or online!

**Birthday BINGO:** Taking place once a month on Tuesday (**Sept 23, Oct 21, Nov 25, Dec 16**) from 1 pm to 2 pm. This event is open to all CLSA members and a chance for us to celebrate our peers' birthdays. Visit [centrallions.org](http://centrallions.org) for more information. Register at the front desk or online!



A festive graphic featuring two clusters of colorful balloons (green, pink, red, blue, yellow) at the top corners. In the background, a bingo cage filled with multi-colored balls is visible. The text "Birthday BINGO!" is written in a large, playful, slanted font across the center, with "Birthday" in blue and "BINGO!" in pink.

# Birthday BINGO!

**This event is our special monthly birthday celebration for our members! Whether it's your birthday or not, come join us for a fun-filled afternoon of BINGO and help us celebrate our birthday members in style!**



**Central  
Lions**

Seniors Association

**You are invited to CLSA's**

## NEWCOMER SOCIAL!

**Join us to connect with fellow members, both new and experienced, learn more about CLSA, and enjoy some coffee and treats!**

### **RSVP TODAY:**

- Over the Phone 780-496-7369
- In Person at the Front Desk
- by email [info@centrallions.org](mailto:info@centrallions.org)

[www.centrallions.org](http://www.centrallions.org)



# Paddle Sports

|               | Monday                        | Tuesday                         | Wednesday                     | Thursday                        | Friday                        |
|---------------|-------------------------------|---------------------------------|-------------------------------|---------------------------------|-------------------------------|
| 8:30 - 10:30  | Table Tennis                  | Pickleball L3<br>Intermediate   | Table Tennis                  | Pickleball L3<br>Intermediate   | Table Tennis                  |
| 10:35 - 12:35 | Pickleball L3<br>Intermediate | Pickleball L3<br>Intermediate + | Pickleball L3<br>Intermediate | Pickleball L3<br>Intermediate + | Pickleball L3<br>Intermediate |
| 12:40 - 2:40  | Pickleball L2<br>Novice       | Beginner<br>Pickleball L1       | Pickleball L2<br>Novice       |                                 | Pickleball L2                 |

## Pickleball

### Pickleball Beginner - Level 1

Did you want to learn how to play Pickleball? Come join other participants and learn the game, its rules and related etiquette; as well as participate in some supervised play, in a friendly, non-intimidating setting.

**Tuesday 12:40 PM - 2:40 PM**

**Member Rate \$35 | Non-Member Rate \$75**

**Paddle Rental \$7 (payable upon registration)**

**FBPickle | Sept 9 - Oct 21 | 7 Weeks**

### Pickleball Novice - Level 2

Still working on your forehand, backhand and volley? Come and enjoy the game of Pickleball in a friendly non-intimidating setting, while participating in a round-robin play format. Every day players sign in individually and are assigned a different partner and opponents for each match. A schedule of games is provided and each match will be 11 minutes in length.

**RECOMMENDED PREREQUISITE:** Participants should have at least a rudimentary knowledge of Pickleball or have taken Beginner Pickleball.

**Monday 12:40 PM - 2:40 PM**

**Member Rate \$65 | Non-Member Rate \$105**

**FNovice-M | Sept 8 - Dec 15 | 13 Weeks (no session Oct 13, Oct 20)**

**Wednesday 12:40 PM - 2:40 PM**

**Member Rate \$80 | Non-Member Rate \$120**

**FNovice-W | Sept 3 - Dec 17 | 16 Weeks**

**Friday 12:40 PM - 2:40 PM**

**Member Rate \$80 | Non-Member Rate \$120**

**FNovice-F | Sept 5 - Dec 19 | 16 Weeks**

## Pickleball Intermediate - Level 3

Come join other experienced players who want to play competitively in a social atmosphere. Each day players sign in individually and are assigned a different partner and opponents for each match. A schedule of games is provided and each match will be 11 minutes in length.

**Monday 10:35 AM - 12:35 PM**

**Member Rate \$65 | Non-Member Rate \$105**

**FInter-M1035** | Sept 8 - Dec 15 | 13 Weeks (no session Oct 13, Oct 20)

**Tuesday 8:30 AM - 10:30 AM**

**Member Rate \$75 | Non-Member Rate \$115**

**FInter-T830** | Sept 2 - Dec 16 | 15 Weeks (no session Nov 11)

**Tuesday Level 3+ 10:35 AM - 12:35 PM** (*\*This day is more competitive than Mon, Wed, Fri.*)

**Member Rate \$75 | Non-Member Rate \$115**

**FInter-T1035+** | Sept 2 - Dec 16 | 15 Weeks (no session Nov 11)

**Wednesday 10:35 AM - 12:35 PM**

**Member Rate \$80 | Non-Member Rate \$120**

**FInter-W1035** | Sept 3 - Dec 17 | 16 Weeks

**Thursday 8:30 AM - 10:30 AM**

**Member Rate \$75 | Non-Member Rate \$115**

**FInter-Th830** | Sept 4 - Dec 18 | 15 Weeks (no session Dec 11)

**Thursday Level 3+ 10:35 AM - 12:35 PM** (*\*This day is more competitive than Mon, Wed, Fri.*)

**Member Rate \$75 | Non-Member Rate \$115**

**FInter-Th1035+** | Sept 4 - Dec 18 | 15 Weeks (no session Dec 11)

**Friday 10:35 AM - 12:35 PM**

**Member Rate \$80 | Non-Member Rate \$120**

**FInter-F1035** | Sept 5 - Dec 19 | 16 Weeks

## Table Tennis

**Table Tennis Mon-Wed-Fri 8:30 AM - 10:30 AM** (no session Oct 13, Oct 20)

**Member Rate \$225 | Non-Member Rate \$265 | Flex Rate \$7 (Per Session)**

Great sport for exercise and hand-eye coordination. Make new friends and have fun being active! Come and enjoy a pleasant workout.

**FTableTennis** | Sept 3 - Dec 19 | 45 Sessions

# Uninstructed Activities

## Arts & Crafts

### **Knitting & Crochet** Wed 10:00 AM - 12:00 PM

**Member Rate \$40 | Non-Member Rate \$80 | Flex Daily Rate \$3 (Per Session)**

Meet, mingle and share tips with fellow knitters and crocheters. This is a friendly group that gets together weekly to socialize, practice and share techniques. Sharpen your knitting skills and have some fun with this tight 'knit' group.

**FKnit** | Sept 3 - Dec 17 | 16 Weeks

### **Lapidary** Tues 9:00 AM - 3:00 PM (no session Nov 11)

**Member Rate \$75 | Non-Member Rate \$115 | Flex Daily Rate \$7 (Per Session)**

Lapidary is the art of cutting, shaping and polishing rocks and fine gemstones. Learn the basic techniques from fellow members.

**FLapidary** | Sept 2 - Dec 16 | 15 Weeks

### **Open Art Studio** Tues 9:00 AM - 12:00 PM (no session Nov 11)

**Member Rate \$35 | Non-Member Rate \$75 | Flex Daily Rate \$3 (Per Session)**

Open art studio is to help inspire, connect and create. Whether you are working on a project from class or from home this is a friendly space. Come find your happy place. All levels of artist welcome.

**FOpenArt** | Sept 2 - Dec 16 | 15 Weeks

### **Silver Stage Drama** Thurs 1:00 PM - 3:00 PM (no session Dec 11)

**Member Rate \$35 | Non-Member Rate \$75**

Join us for Drama and Readers Theater (no memorizing). No experience necessary! Join us for socialization and fun. Interested in acting or helping behind the scenes? Join the Silver Stage Drama today, now accepting new members. Rehearsals will begin in late September for a Christmas production. We have a goal of presenting two productions per year.

**FDrama** | Sept 11 - Dec 18 | 14 Weeks

### **Stained Glass** Wed 9:00 AM - 3:00 PM

**Member Rate \$80 | Non-Member Rate \$120 | Flex Daily Rate \$7 (Per Session)**

This group meets in our well-equipped studio space to work on projects in a supportive and friendly environment. Members are expected to have a working knowledge of stained glass processes. This is not for beginners.

**FStainedW** | Sept 3 - Dec 17 | 16 Weeks

**Stained Glass** **Thurs 9:00 AM - 3:00 PM (no session Dec 11)**

**Member Rate \$75 | Non-Member Rate \$115 | Flex Daily Rate \$7 (Per Session)**

**FStainedTh** | Sept 4 - Dec 18 | 15 Weeks

## Cards

**Bridge** **Mon 12:30 PM - 3:30 PM (no session Oct 13)**

**Member Rate \$35 | Non-Member Rate \$75 | Flex Daily Rate \$3 (Per Session)**

Bridge is a social card game played by sociable people. Need a little practice trying different hands of play? Come join our fun and casual group of players for an afternoon of Bridge.

**FBridge** | Sept 8 - Dec 15 | 14 Weeks

**Cribbage** **Thurs 1:00 PM - 3:00 PM (no session Dec 11)**

**Member Rate \$37.50 | Non-Member Rate \$77.50 | Flex Daily Rate \$3 (Per Session)**

Cribbage is a game for two to four players, in which the object is to play so that the value of one's cards played reaches exactly 15 or 31.

**FCribbage** | Sept 4 - Dec 18 | 15 Weeks

**Mahjong** **Tues 10:00 AM - 12:00 PM (no session Nov 11)**

**Member Rate \$37.50 | Non-Member Rate \$77.50 | Flex Daily Rate \$3 (Per Session)**

Similar to the western card game rummy, Mahjong is a game of skill, strategy and luck. The game is played with a set of 144 tiles based on Chinese characters and symbols. No experience required as guidance and instruction are available.

**FMahjong** | Sept 2 - Dec 16 | 15 Weeks

**Whist** **Wed 1:00 PM - 3:00 PM**

**Member Rate \$40 | Non-Member Rate \$80 | Flex Daily Rate \$3 (Per Session)**

Join us for this fun afternoon card game where each person or team wins "tricks" and scores points. The most points at the end of play wins the game.

**FWhist** | Sept 3 - Dec 17 | 16 Weeks

## Languages

**Spanish Conversation Practice** **Fri 11:30 AM - 12:30 PM**

**Member Rate \$35 | Non-Member Rate \$75 | Flex Daily Rate \$3 (Per Session)**

Meet Spanish language lovers and students for conversation and fun! Participate in a small Spanish language experience where you can practice grammar and pick up conversational structures and ideas. All levels are welcome.

**FSpanish** | Sept 12 - Dec 12 | 14 Weeks



## Movement

**Hall Walkers** **Tues & Thurs 8:30 AM - 10:30 AM (no session Dec 11)**

**Member \$75 | Non-Member \$115 | Flex Daily Rate \$3 (Per Session)**

Studies have proven that walking is the best thing we can do to improve our overall health and increase our longevity and functional years. Lace up your shoes and join the fun in this self-directed, safe, friendly and interactive environment.

**FWalkers** | Sept 2 - Dec 18 | 30 Sessions

**Snooker** **Mon - Fri 9:00 AM - 4:00 PM (no sessions Oct 13, Nov 11)**

**\$35 10-punch passes are available (Members Only)**

**Member Rate \$154 | Non-Member Rate \$194**

Play Snooker or other competitive billiard games in a congenial and professional setting. Some billiard experience preferred.

**FSnooker** | Sept 2 - Dec 19 | 77 Sessions

**Tai Chi Practice** **Tues & Fri 1:15 PM - 2:30 PM (no session Nov 11)**

**Member Rate \$77.50 | Non-Member Rate \$117.50 | Flex Daily Rate \$3 (Per Session)**

Practice time for individuals wishing to work on their Tai Chi form. No formal instruction provided. The group is led by a peer; two complete yang styles are practiced weekly and sabre form is practiced on Fridays. Come and improve your technique in this friendly and supportive atmosphere.

**FTaiPractice** | Sept 2 - Dec 19 | 31 Sessions

## Music

**\*NOTE\*** Bands are by audition only. If you are interested in auditioning for any of our bands please come to the front desk or call 780-496-7369 and we will put you in touch with the band leader.

**Firefighter Alumni Band & Swingtime Band** **Wed 10:00 AM - 12:00 PM**

**Member Rate \$28 | Non-Member Rate \$68**

Get together and play good music! **Must be able to read music**

**FF&SBand** | Sept 10 - Dec 10 | 14 Weeks

**Guitar Jam (Practice)** **Fri 12:30 PM - 2:00 PM**

**Member Rate \$37.50 | Non-Member Rate \$77.50 | Flex Daily Rate \$3 (Per Session)**

Come jam your heart out at this uninstructed practice session. Improve your skills while enjoying the company of your peers.

**FGuitarJam** | Sept 12 - Dec 19 | 15 Weeks



**Lions Big Band** **Tues 9:30 AM - 12:00 PM (no session Nov 11)**

**Member Rate \$26 | Non-Member Rate \$66**

Get together and play good music. **Must be able to read music.**

**FLionsBand** | Sept 9 - Dec 9 | 13 Weeks

**Schoolboys Alumni Band** **Thurs 9:00 AM - 12:00 PM**

**Member Rate \$30**

For more information call Carol at 780-259-9707. Auditions not required, must be 55+ years old to participate.

**FSchoolboys** | Sept 4 - Dec 4 | 12 Weeks

**Young @ Heart Band** **Mon 1:00 PM - 2:30 PM (no session Oct 13)**

**Member Rate \$28 | Non-Member Rate \$68**

Join us for fun and fellowship. This group plays songs from past eras.

**Must be able to read music.**

**FYoung** | Sept 8 - Dec 15 | 14 Weeks

### Did You Know?

CLSA is a non-profit charity organization. Donations are gratefully accepted and all donations over \$20 will receive an income tax receipt.

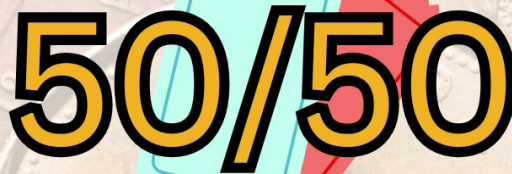
You can make a donation by:

- <https://give.crowdfunding.alberta.ca/GivetoCLSA>
- <https://www.canadahelps.org/en/dn/79408>
- **In person at our front desk or by phone at 780-496-7369**

CLSA raises funds to relieve conditions associated with aging, such as social isolation and loneliness and to improve the physical or mental well-being of seniors.

## Severe Weather Policy

Inclement weather is a part of living in Alberta. As we work in an adult based organization, it is expected that participants and instructors will make their own determination as to their own personal safety. However, refunds will not be issued to participants unless CLSA determines that the weather is a safety hazard for all. Instructors will be expected to make-up the class at a later date.



**50/50**

Past Winner Take  
Home Totals

- Dec 12 - \$2057.50
- May 5 - \$2040.00

**DRAW DATE:  
DECEMBER 11, 2025**

**We will contact the winner by phone.**

**No need to be present  
at the time of the draw!**

Raffle License # 742635

Max 1000 tickets sold

Tickets may only be bought and sold within Alberta

## **WE ARE LOOKING FOR PEOPLE TO SHARE THEIR CLSA STORIES**



**We want to hear your story!**

Be a part of CLSA's 60th anniversary! We are looking for 60 people to share their experiences and memories with us.

Help us celebrate this incredible milestone!

**Interested? Want to learn more? Ready to sign  
up and be part of CLSA history?**

**Contact Marie at:** [marie@CentralLions.org](mailto:marie@CentralLions.org) or  
call 780-442-0943

## How to Use Flex Registration

Flex Registration lets you pick and pay for the dates that you want to attend. Flex Registration is available for paddle sports and for some uninstructed activities this Fall season.

### What does this mean?

For paddle sports and some uninstructed activities, there are two options for registration.

1. Buy a barcode that covers all of the dates in the Fall season; or
2. To secure your space, pre-register with Flex Registration to pick your times.

### How to use it:

1. Log in to your Online Registration Account  
<https://app.booking.ca/centrallionspub/account/index.asp>
2. Search for your barcode, or the name of your sport or activity.
3. Pick your barcode:
  - **Full-Season Barcode** – Click '**Course Session**' (left side of the page, in blue colour) to select all of the course dates. Click '**Finish**' (green button at bottom right) to proceed to payment page.
  - **Flex Registration** – Select the dates you want on the calendar. After you've selected your dates, proceed to the payment page. Your total will appear on the payment page. You can pay by Debit Visa, Visa or MasterCard. We do not accept American Express
4. You're registered!

**Please note for Flex Registration:** If you need to change the dates you've picked, call our front desk at 780-496-7369 for assistance.

## Scholarships Available

CLSA provides scholarship funding for low-income individuals.

It is important that every Member be able to take at least one activity each year. To that end, we have a Scholarship program that provides up to \$150 of funding to those who demonstrate a need. The only requirement is a City of Edmonton Leisure Access Pass for low-income Edmontonians. For more information on the Access Pass go to:

[https://www.edmonton.ca/programs\\_services/leisure-access-program](https://www.edmonton.ca/programs_services/leisure-access-program).

## CLSA Code of Conduct

CLSA believes in creating a positive community and strives to maintain a respectful, friendly and supportive environment for all. Everyone will...

- Be protective of the safety, security, well-being and goodwill of others and the Centre.
- Not participate in any action that disrupts or disturbs the morale, efficiency, safety, or operations of CLSA.
- Conduct themselves in a respectful and responsible manner in all interactions with others.

*CLSA does not tolerate inappropriate, abusive, or undesirable language or behaviours. Violations of the Code of Conduct will be dealt with in accordance with established CLSA procedures. We reserve the right to revoke membership to anyone not complying with our Code of Conduct.*

## Disclaimers

- All participants (member/non-member) must agree to the liability waiver and agree to abide by the CLSA Code of Conduct before attending any CLSA programs, activities, or special events.
- Opinions expressed by program presenters do not necessarily reflect the views of CLSA.
- CLSA is not responsible for injuries incurred during any program, sport or activity, or other sponsored CLSA activity.
- From time to time, our staff and volunteers will be taking photographs and videos. We may use these to promote the Centre in our newsletters, on our website, Facebook page, and other material intended for the public. Your image is your personal information and is subject to Section 33(c) of the Freedom of Information and Protection of Privacy (FOIP) Act. CLSA respects this and realizes that not everyone wishes to be included in photos or videos. If you do not want your photo to appear in our promotions, please STEP ASIDE, TURN YOUR BACK or make your position known to the photographer.

### **Just a friendly reminder: CLSA is a scent-free zone**

Many of our members have severe allergies to perfumes, hairsprays and aftershaves. Please avoid the use of scents at the Centre. Scents can cause migraines, asthma and respiratory distress. This can be especially an issue in confined spaces. Thank you for your cooperation!



## Cancellations, Refunds and Transfers

Courses may be cancelled due to low enrollment, extreme weather, instructor unavailability and facility maintenance.

- Please note that Membership fees are not refundable nor transferable. This allows us to plan for future activities and maintain the quality of our programming for all Members.
- If it is necessary for CLSA to cancel a program, you will be notified by phone or email prior to the program start date. In this situation, refunds or credits will be issued to your account.
- Generally, no refunds or credits are given for programs, presentations, activities, or Fitness Centre registrations unless cancelled by CLSA, except in the event of a serious illness or injury where refund requests may be forwarded in writing to the CLSA Executive Director for review. We will not refund for any reason once a program ends.
- Withdrawals or Transfers to another program are permitted, subject to availability, without penalty up to 15 days prior to the program start date. Careful consideration needs to be taken by CLSA staff when a transfer is requested 14 days or less prior to the program start date or if the program has started. A transfer may not be possible. A \$10 administration fee will be charged. If applicable, any credit balance will be refunded.

### Please Note...

- Program dates, times, instructors and fees are subject to change.
- From time to time programs and activities may not occur due to educational programming, facility maintenance, special events, emergencies and external bookings.
- Any registration after the program start date must be completed in person or by phone, space permitting. If in doubt of details, we recommend calling us at 780-496-7369.

## Payment and Confirmation

- Participants are not considered registered until full payment has been received.
- Payment can be made using VISA, MasterCard, cheque, debit, or cash. Please make cheques payable to Central Lions Seniors Association. Postdated cheques are not accepted. Online registration is by credit card or debit visa only.
- **Please review the program dates listed on your invoice, as dates can be excluded due to holidays or City of Edmonton rentals.**

# 2025 CLSA Memberships

Valid Jan 1 – Dec 31, 2025

## 55+ Membership

(In-person, over the phone, & online)

**Eligibility:** 55+ Years

**Price:** \$40 (prorated at \$20 starts Sept 1)

**Benefits:**

- **Preferred Member**
- Early program registration
- Full voting privileges at Annual General Meeting
- Member rates on CLSA programs and activities
- Reciprocal member rates at participating seniors centres

## Gold/Lifetime Membership

(In-person only)

**Eligibility:** 85+ Years (Must be a member for 3 consecutive years)

**Price:** Free

**Benefits:**

- **Preferred Member**
- Early program registration
- Member rates on all activities
- Reciprocal member rates at participating seniors centres
- Full voting privileges at AGM

## Queen Mary Park and Prince Rupert Partnership Pass

(In-person and over the phone only)

**Eligibility:** 55+ Years. (Must have a Queen Mary Park or Prince Rupert Community Association Membership)

**Price:** \$5

**Benefits:**

- **Preferred Member**
- Early program registration
- Member rates on all activities
- No voting privileges at AGM

## Partnership Pass (Reciprocal)

(In-person only)

**Eligibility:** Members of Reciprocal Seniors Centres, Marigolds 55+.

**Price:** \$5

**Benefits:**

- Member rates on all activities
- No voting privileges at AGM

## Associate Membership

(In-person and over the phone only)

**Eligibility:** Residing at same address as 55+ Membership holder.

For spouse/partner aged 34–55.

**Price:** \$40

**Benefits:**

- Member rates on all activities
- No voting privileges at AGM

55+ membership are available in person, over the phone, and **\*NEW\*** online.

All other memberships can be purchased in person or over the phone.

**Note: Membership fees are not refundable nor transferable.**